

SPELEOS Salt Spa Etiquette

- All SPELEOS Salt Spa clients must fill out **an intake form and receive an orientation** prior to attending their first salt therapy session.
- **The spa is for non-smokers only.** Salt Spa clients must not have smoked for at least two weeks prior to attending salt therapy sessions in our facility. This policy is in place to prevent exposing sensitive clients to third-hand smoke.
- **You are responsible for your personal items.** We do have personal cubbies, but they do not lock. We suggest that you leave all personal items in your car as we will not be responsible for any lost, damaged, or stolen items.
- Dress in comfortable clothing - salt dust is harmless and can be brushed off and/or washed out of clothing.
- Please **sign in** when you arrive for your sessions.
- Please arrive 10-15 minutes prior to your session start time to prepare (use restroom, store belongings, adjust clothing and footwear, find reading materials, secure your spa seat, etc.).
- Adult sessions begin promptly on the hour. **Once a session has begun, we discourage clients from entering the salt room** so as not to disturb seated clients. Late comers will be booked in the next available session.
- Use of the Salt Spa **must be avoided during the acute or contagious phase of any illness**, including colds, flu, infections with a fever, acute active tuberculosis, cardiac insufficiency, COPD in 3rd stage, spitting of blood, alcohol or drug intoxication, unstable or uncontrolled hypertension and acute stages of respiratory diseases.
- **Foot covers are required (and provided) in the Salt Room.** Please keep and reuse foot coverings for your salt therapy sessions. If they wear out, we will gladly replace them.
- In order to maintain a spa environment, we suggest that you use your time in the room to **read, sleep or meditate**. You may bring the following items: book, magazine (no perfumed ads), tissues, ear plugs, small head pillow, light blanket, or a small towel to cough into if needed. No other items are allowed in the spa. If you have a personal need that is not on this list please speak to a Salt Spa attendant.
- The salt rooms are **electronic free zones**. Kindly turn off your devices and leave in your car or in your cubby.
- Thank you for understanding that you may experience a **symphony of sounds** coming from other clients during salt therapy sessions. Please do your best to accept and associate these sounds as signs of healing! Feel free to bring earplugs or ask for a complimentary pair from our staff.

In Consideration of Others

- Unless there is an emergency, please do not leave the salt room while a session is in progress.
- Please **keep voices low** in the entrance hallway and please **refrain from talking inside the salt room**.
- **Do not use any perfumes, lotions, or any kinds of fragrances** when you attend a session.
- If you experience excessive coughing, kindly **cough into a towel** to help muffle the sound.
- If you are prone to **excessive snoring**, we encourage you to sit more upright, try to stay awake, and take deeper breaths during your treatments. This will help to reduce snoring.
- Please **refrain from shuffling papers** while in session.
- **Please play with the salt**, but do not throw it.
- Please let us know as soon as possible if you cannot make it to your salt session.

I have read and understand the Salt Spa Etiquette. NAME:_____ DATE:_____